

Returning to Work for Those Who Have Had COVID-19

If your student/employee had symptoms from COVID-19, they may return to work if they respond "Yes" to all three questions below:

1. Has it been more than 10 days* since your symptoms started?
☐ Yes, it has been more than 10 days since my symptoms started. Date symptoms started: _____
☐ No, it has not been more than 10 days since my symptoms started
2. Have your symptoms improved?
☐ Yes my symptoms have improved
☐ No my symptoms have not improved
3. Has it been more than 24 hours since your last fever of 100.4F (38C) or more without the use of fever-reducing medications?
☐ Yes, it has been more than 24hrs since I had a fever without fever-reducing medications
☐ No, it has not been more than 24hrs since I had a fever

If your student/employee never had any symptoms at all from COVID-19, they may return to work if they respond "Yes" to the following question:

1. Has it been more than ten days, since you had a COVID-19 positive test result?
☐ Yes, it has been more than ten days, since I tested positive for the COVID-19 virus.
Date of positive test: _____
☐ No, it has not been more than ten days, since I tested positive for the COVID-19 virus

Please visit https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf for additional guidance on ending isolation.

Student/Employee Name _____

Student/Employee Signature (parent/guardian if under age 18) _____

*For patients with severe illness, duration of isolation for up to 20 days after symptom onset may be warranted; this decision will be made between the patient and their healthcare provider and/or public health.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

*Day 10 is the last day in isolation; day 11 is the first day to resume normal activities